



Coronavirus Disease 2019 (COVID-19)

CONFIRMED CASES REPORTED FOR NEW MEXICO - Source: NMDOH Website, March 18, 2020

What is coronavirus disease 2019 (COVID-19)?

This is a respiratory illness that can spread from person to person. An outbreak of respiratory disease caused by a novel (new) coronavirus was first detected in Wuhan, China. The virus is named “SARS-CoV-2”. The disease it causes is named “coronavirus disease 19” or referred as COVID-19. On March 11, 2020, the COVID-19 outbreak was characterized as a pandemic by the World Health Organization. A pandemic is a global outbreak.

What is the source of the virus?

Coronaviruses are a large family of viruses common in people and many different species of animals, including camels, cattle, cats, and bats. Rarely, animal coronaviruses can infect people and then spread between people such as with MERS-CoV, SARS-CoV, and now with this new virus named SARS-CoV-2. All three viruses are betacoronavirus & have their origins in bats. The sequences from U.S. patients are similar to the one China initially posted, suggesting a likely single, recent emergence of this virus from an animal source.

How does COVID-19 spread?

The virus that causes COVID-19 emerged from animal sources, but now its mainly spreading from person to person between people who are in close contact with one another (within about 6 ft), and through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people nearby or possibly be inhaled into the lungs.

Spread can occur from contact with infected surfaces or objects that have the virus on it and then touching their own mouth, nose, or eyes. This is not thought to be the main way the virus spreads. The virus that causes COVID-19 seems to be spreading easily and sustainably in the community (community spread) in some affected areas. Community spread means people have been infected with the virus in an area, including some who are not sure how or where they became infected.

Is there a vaccine?

There is currently no vaccine to protect against COVID-19. The best way to prevent infection is to avoid being exposed to the virus that causes COVID-19.

Cases of COVID-19 in the U.S.

The first case of COVID-19 in the United States was reported on January 21, 2020. The current data of reported confirmed and presumptive positive cases of COVID-19 reported to CDC is 7,038 total cases, of which 269 are travel-related, 276 close contact spread, 6,493 under investigation, and 97 deaths are reported. A total of 50 states and 4 U.S. territories publicly reported cases. Now that states are testing and reporting their own results, CDC's numbers are not representative of all testing being done nationwide.

According to the New Mexico Department of Health (NMDOH), the current data of reported confirmed presumptive positive cases of COVID-19 in NM is 28 cases and 2,326 negative cases. A total of 2,354 total tests have been conducted since March 12, 2020 and test results are from the state Scientific Laboratory Division, NMDOH.

**Data is rapidly changing as new cases are reported. For current data visit CDC & NMDOH websites below.*

What are symptoms of COVID-19?

Reported illnesses have ranged from mild symptoms to severe illness & death for confirmed COVID-19 cases. Symptoms may appear **2-14 days after exposure**:

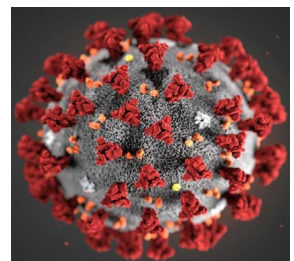
- Fever
- Cough
- Shortness of breath

What are severe complications from the virus?

Many patients have pneumonia in both lungs. The full clinical picture with regard to COVID-19 is not fully understood. Although, older people and people with certain underlying health conditions like heart disease, lung disease and diabetes, for example, seem to be at greater risk for serious illness.

Is there a treatment?

There is no specific antiviral treatment for the COVID-19. People with COVID-19 disease can seek medical care to help with relieve of some symptoms.



Steps to Prevent Illness from COVID-19

There is currently no vaccine to prevent coronavirus disease 2019 (COVID-19). **The best way to prevent illness is to avoid being exposed to this virus.** The virus is thought to spread mainly from person-to-person.

- Between people who are in close contact with one another (within about 6 feet).
- Through respiratory droplets produced when an infected person coughs or sneezes. These droplets can land in the mouths or noses of people who are nearby or possibly be inhaled into the lungs.



Older adults & people with severe underlying chronic medical conditions like heart or lung disease or diabetes seem to be at higher risk for developing more serious complications from COVID-19 illness. Consult with your health care provider about steps you may be able to take to protect yourself.

Steps to Protect Yourself



Clean your hands often

- Wash your hands often with soap & water for at least 20 seconds especially after being in a public place, and after blowing your nose, coughing, or sneezing. If soap & water are not available, use a hand sanitizer that contains at least 60% alcohol.
- **Avoid touching your eyes, nose, & mouth** with unwashed hands.



Avoid close contact

- Avoid close contact with people who are sick.
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.

Steps to Protect Others



Stay home if you're sick, except to get medical care.

- Do not go to work, school, or public areas in the community.
- Isolate yourself in a specific room or area that is away from others & animals, and use a separate bathroom, if possible.



Cover coughs and sneezes

- Cover your mouth & nose with a tissue when you cough or sneeze, or use the inside of your elbow.
- Throw tissue in the trash. Wash your hands with soap & water for at least 20 seconds. If soap and water are not available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Clean and disinfect all “high-touch” surfaces every day

- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.

CALL AHEAD FIRST BEFORE VISITING YOUR DOCTOR

If your symptoms worsen (trouble breathing), call for help and let your healthcare provider know your symptoms. The provider will guide you through the necessary steps to keep other people from getting infected or exposed, and will allow time for their office to prepare for your arrival, if necessary. Local hospital numbers for reference are:

Laguna and Surrounding Areas

- POL Public Health Nurse (505) 552-5748
- ACL ER/Urgent Care (505) 552-5330
- NMDOH Hotline 1-855-600-3453

How to Prepare For Isolation & Quarantine

What does Isolation mean?



Isolation means keeping sick people away from well people. When people are isolated they have to stay home in their rooms until they get better and can't spread sickness to someone else. They cannot leave home to go to school or work.

What does Quarantine mean?

Quarantine means keeping healthy people who have been around or near sick people away from others to wait & see if they get sick too. This take about 14 days.

If they get sick, then they go into isolation until they get better. But if they don't get sick, they can come out of quarantine and go back to school and work.



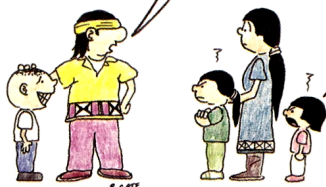
Why do we isolate and quarantine?

People are isolated and quarantined when there is a bad sickness that easily spreads from one person to another by coughing, sneezing, or sharing belongings. There might not be a medicine that can stop it from spreading.

Isolation & quarantine slow the sickness from spreading to quickly and can keep healthy people from getting sick.

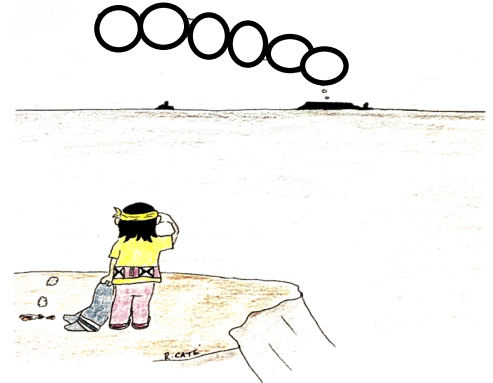
According to the doctor, the good news is, we don't have to isolate Eddie anymore. The bad news is, we all have to go back to work and school.

Thanks alot, Eddie!!



How will we know if we have to isolate and quarantine?

Tribal and public health officials will tell you if you need to isolate or quarantine someone in your family or community. As fewer people get sick, tribal and public health officials will tell you when you can stop isolation and quarantine.



How can my family prepare to isolate and quarantine?

Be prepared today to isolate and quarantine. Learn from your elders. They have lived through many hard times. Be ready with supplies that you need. Talk with your family and make a plan. Be strong and help take care of each other in your household and elders in your community.

FOOD: Keep your kitchen well stocked with enough food on hand for your family.

- Store foods that require no refrigeration, water, special preparation or cooking.
- Keep food in a dry, cool spot— a dark area



WATER: Store at least 2 gallons of water for each family member to use each day to drink and cook with. 5-gallon plastic containers are easiest to move and store.

- Water is the best way to stay hydrated but hot Indian tea can be used to relieve a fever & sore throat, if needed.
- Juniper tea can settle a queasy tummy, nausea, and aches & pains.

MEDICINE: Talk with your provider to find out if you can keep more than a 30-day supply of your medicine at home. If not, refill your prescriptions as soon as you can. Important medicine to keep at home:

- High blood pressure medication
- Diabetes medication
- Heart medication
- Fever/Pain Reliever

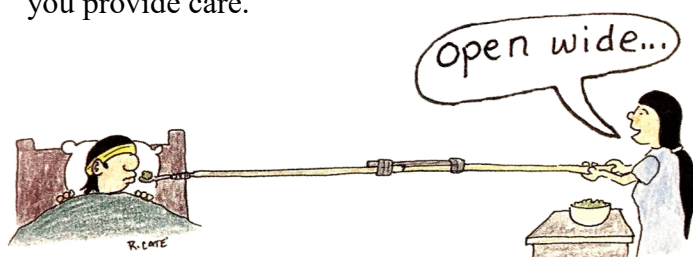


OTHER ITEMS:

- Tissues
- Household bleach
- Thermometer
- Infant formula and diapers
- Hand Soap
- Livestock feed
- Hand Sanitizer
- Food for pets
- Humidifier

How do I care for someone in isolation?

First, take care of yourself by getting enough to eat, drink lots of water, and get plenty of rest. You'll need to wash your hands often, especially before and after you provide care.



YOU WILL NEED:

- A room or separate area in your house where you can keep sick people away from the rest of your family.
- A window to open for fresh air in the room or area at least once a day for 10 minutes.
- To explain to family members how to isolate:
 - * Caregivers will need to immediately wash their hands before going into the sick persons room and immediately after they come out.
 - * Other family members should not enter the sick persons room or area.
 - * One family member should take care of the isolated person.
- The right supplies to take care of a person in isolation include: thermometer, tissues, masks, and gloves.
- To use your supplies correctly:
 - * Don't share the sick persons supplies with anyone else.
 - * Place used supplies in a trash bag & throw them away after use.

How do I care for someone in quarantine?

Explain to family members that they're protecting others and themselves by staying home.

Keep family members busy with activities at home:

- Doing chores
- Baking/Cooking
- Traditional crafts
- Caring for pets
- Reading
- Indoor physical activities like stretching
- Board games



Where can I get more information?

Nationally: Centers for Disease Control website @ www.cdc.gov/COVID19

Locally: the NM Department of Health website @ www.nmhealth.org

NMDOH Hotline available 24/7
1-855-600-3453

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